

Health Tips

for seniors

Do you need vitamin & mineral supplementation?

Areas of concern for older adults

- Eating enough calories (energy)
- Getting enough vitamins, especially these listed below.
 - Vitamin E
 - Folate or folic acid
- Getting enough minerals, especially these listed below.
 - Calcium
 - Magnesium
 - Zinc

You may need a supplement if you have:

- A lack of appetite
- Problems with your digestive tract & absorption
- A poor diet due to loss of functioning, dieting, worried about the food supply, or a disinterest in food
- An avoidance of specific food groups such as meats, milk, or vegetables
- Habitual use of cigarettes, alcohol, drugs, and/or medications

Recommendations

- Eat a variety of foods, especially fruits & vegetables
- If necessary, purchase a multivitamin made for seniors